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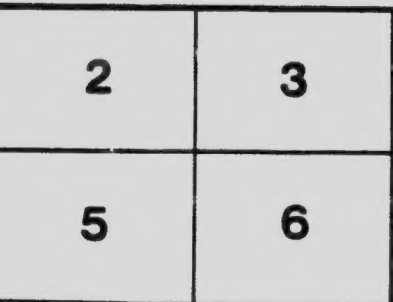
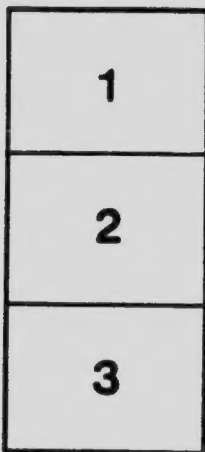
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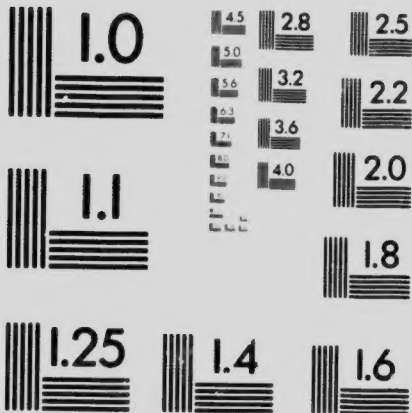
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PAMPHLET

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How to Take Care of Babies

DURING HOT WEATHER.



MONTREAL BABY HOSPITAL,

43 ARGYLE AVENUE, MONTREAL.



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Montreal Baby Hospital,

MILK DISPENSARY.



HOURS OF ATTENDANCE:

8 TO 9.30 A. M.,

DAILY, SUNDAYS INCLUDED.

TO KEEP A BABY WELL.

1. Give it pure air day and night.
2. Give it no food but mother's milk, pure milk from the bottle, or food directed by physician.
3. Whenever it cries or is fretful do not offer it food, but give it water.
4. Be sure that it gets enough sleep, by night and day.
5. Do not put too much clothing on it.
6. Bathe it every day.
7. Don't handle it; let it alone.

How to Take Care of Babies during Hot Weather.

To care for babies and to prevent diarrhœa, sickness, and death, those who know recommend the following rules:

AIR.

A baby needs fresh air when awake, when asleep, both day and night. Therefore, do not keep a baby in a room that smells close. Take the child out-doors in the early morning, when the air is free from dust. **Do not allow the baby to remain in a close room, or in a room where you are washing or cooking.** Much heat makes the child weak.

Keep your house clean and well aired. In very hot weather keep the doors and windows open day and night. **Always keep a window open in the baby's sleeping room.** Do not allow slops or soiled diapers to remain in the room, such things poison the air. If your sink or cellar smells badly, clean the sink, and air the cellar. If this does not make them sweet, report the nuisance to the **Board of Health.**

FOOD AND WATER.

Over-feeding: Diarrhœa.

The first duty of a mother is to her baby. The best food for a baby under one year of age is mother's milk. Therefore, every mother should nurse her child. One of the chief causes

of sickness in babies comes from over-feeding. Over-feeding very often causes diarrhœa, long sickness, and death. This diarrhœa does not come from teething; but from (1) too much food, (2) too frequent feeding, (3) too little water, (4) too little sleep, (5) too much handling.

Feed Regularly.

The way to avoid diarrhœa and sickness is to feed the baby at the breast and to feed it regularly. Feed it by the clock. From birth to three months old, the child may be fed every two to two and one-half hours; from three to six months, every two and one-half to three hours; from six months to one year, every three hours.

These feedings are to be during the day only, from six in the morning to six in the evening. The child should be fed not more than twice during the night.

When the child takes the breast let it have its fill. When it stops nursing take it away from the breast, and have it wait until the next feeding time. If it cries or frets offer it pure, cool water without anything in it.

Weaning.

Never wean a child in the beginning of summer. Wean the child by giving it cow's milk; first, one feeding daily, then others, until wholly weaned.

Bottle Children : Cow's Milk.

The best food for "bottle children" is good, fresh cow's milk that has not been skimmed, prepared according to the direction given by the physician, or the direction given in this pamphlet.

Cow's milk without water in it should never be fed to very young babies, because it contains more cheesy matter and less fat than mother's milk. The cheesy matter in cow's milk, when in the child's stomach, forms large curds, which are harder to digest than the smaller curds in mother's milk. Therefore, in feeding "bottle children," it

is necessary to put water in the cow's milk, both to lessen the amount of cheesy matter and to break up the curd into smaller particles, so that the child may digest the milk more easily. When the milk is thus diluted a quantity of cream and sugar which it naturally contains is lessened, and therefore an amount of cream and sugar should be added to make up this deficiency.

Keep the Milk Sweet.

The reason for diluting cow's milk having been explained, it is now necessary to show. 1st) how food should be prepared, (2nd) how it shall be fed, and (3rd) how the bottles, and nipples shall be kept clean, so that the child shall have a pure, clean, easily digestible food suited to its wants and its particular age.

To keep milk sweet get it from a milkman whose cart, cans, and horse look clean. If you know where his cows are kept look at the cows and look at his stable, and see if they are clean. Get your milk in a pail, with a cover, that you keep for the purpose. See that the pail is well washed, scalded, and turned upside down when not in use. Always keep the cover on the pail when it contains milk. Keep the rim of the cover as clean as the pail. Keep the milk in a cool place, or it will grow sour, and make the child sick. If you have no ice wrap a cloth wrung out of cold water around the pail. The water, as it evaporates, will keep the milk cool.

How to Feed from a Bottle.

There are two ways in which to feed a baby : First, and best, to feed according to the child's weight in pounds ; and second, the commoner way, to feed according to the age of the child. The reason the first way is the best is because it has been found that there is a relation between the weight of the baby and the size of its stomach. If the baby is a little baby it has a little stomach, and does not need so much food ; if it is a big baby it has a bigger stomach, and needs more food. **If the baby is weighed every week, and fed according to its weight, the following table will show how much and what kind of food it should be fed :**

Feeding according to Baby's Weight, the Best Way.

ENGLISH MEASURE			METRIC MEASURE			
Child's Weight in Pounds.	MILK IN OUNCES.	WATER IN OUNCES.	Child's Weight in Grammes.	MILK IN CUBIC CENTIMETRES.	WATER IN CUBIC CENTIMETRES.	Teaspoonfuls of Sugar
6-8 lbs.	1 oz.	2 oz.	2720 to 3630	30 C. C.	60 C. C.	$\frac{1}{2}$
9-10 lbs.	$\frac{1}{2}$ oz.	$\frac{2}{3}$ oz.	4080 to 4540	45 C. C.	75 C. C.	$\frac{1}{2}$
11-14 lbs.	$\frac{2}{3}$ oz.	$\frac{2}{3}$ oz.	4960 to 6350	75 C. C.	75 C. C.	$\frac{1}{2}$
15-16 lbs.	$\frac{3}{4}$ oz.	$\frac{2}{3}$ oz.	6300 to 7260	105 C. C.	75 C. C.	1
17-18 lbs.	$\frac{5}{8}$ oz.	2 oz.	7710 to 8160	150 C. C.	60 C. C.	1
19-20 lbs.	8 oz.		8620 to 9070	240 C. C.		$1\frac{1}{2}$
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Feeding according to Age.

If the baby is to be fed according to age its food should be prepared according to the following directions, or as directed by a physician :

To prepare food have two one-quart bottles and two rubber corks, one for use every other day. Wash the bottle to be used in sal-soda water—a teaspoonful of sal-soda dissolved in water—with a long-handled brush, and rinse well in hot water two or three times.

For a child **from birth to three months of age** use one-half pint of milk to three-quarters of a pint of water, and one tablespoonful of sugar. Feed two ounces every two hours during the day when awake. Feed not more than three feedings of two ounces each at night.

For a child **from three to nine months old** use one and one-half pints of milk, one-half pint of water, one tablespoonful of sugar. Feed three to four ounces every two and one-half to three hours when awake. Feed a similar quantity not more than twice at night.

For a child **nine months to one year of age** use one and three-quarters pints of milk, one-fourth pint of water, one and one-half tablespoonfuls of sugar. Feed six to eight ounces every three hours during the day. Feed not more than once at night.

Milk, water, and sugar, with the addition of cream when advised by physician or nurse, should be put into the milk-pail, brought just to a boil, put into the clean, rinsed bottle, allowed to cool, corked with a rubber cork, and set away in a cool place. **This food should be prepared fresh every day.** Any food left over should be thrown away.

To Clean Bottles.

To feed babies from a bottle, have at least two bottles. To clean the bottles get a wire brush, put in the bottles a little washing soda and hot water, scrub well, and rinse with water several times; then fill the bottle with water, add a little piece of washing soda the size of a pea, and let this water stand in the bottle until ready to use the bottle for feeding. **Never let the bottle stand with milk in it.**

Nipples.

Have at least two nipples. When the child is done feeding, and when the bottle is being washed, turn the nipple inside out, wash it in soda water, and keep it in a cup of soda water until ready for use. Be sure the baby does not get the food too fast.

SLEEP.

Bed.

Never put a baby to sleep upon a feather pillow, and never put it to sleep upon any kind of a bed with a rubber cloth or oil-cloth upon the bed. Such a bed makes both the baby's back and head hot. When the baby is taken up from such a bed its clothes are wet with sweat, and the baby is very apt to take cold. Therefore, such beds are not good beds upon which to put babies.

The best kind of a bed for a baby is a bed made of fine shavings covered with cheese-cloth. These shavings may be obtained at any furniture store or factory for a few cents a bagful, and the cheese-cloth may be found at any dry goods store for three or four cents a yard.

Such a bed is always clean, cool, and comfortable. It tends to make the child strong and well, and to keep it free from colds and coughs. With such a bed, whenever it is soiled, the shavings may be dumped out, the cover washed, and another cover stuffed with shavings upon which the child may lie.

For sick children in the summer months this bed is highly recommended.

No Rocking: Naps.

Get the baby in the habit of going to sleep early without rocking. Be sure it has a morning nap and an afternoon nap. Such naps should be taken without keeping the child at the breast or bottle. When a child is asleep never awaken it for anything.

Crying.

Children often cry when put down to sleep. If they are let alone and not handled or talked to, they will soon stop crying and go to sleep. Crying is one way in which children

learn to develop their lungs. If children were let alone and allowed to have their cry out, instead of being tossed and petted and hushed, they would be far better for it.

Letting the Baby Alone.

When it is awake, do not get it in the habit of being held, either by its mother or by other children. Constant daily holding, passing it from one arm to the other, tends to make it fretful, cross, and sick. No man or woman would like to be held, tossed, or tumbled around for several hours daily by a much larger person. This is just what too frequently happens to the child. A child likes to play by itself. Therefore, **let the child alone, with some one to watch it, but not to handle it.**

CLOTHING.

Do not put too much clothing on a child in warm weather. The belly-band is not a good thing for a child to wear, neither is a pinning-blanket. One interferes with the movement of the child's bowels, and makes it costive; the other, with the movement of its legs. Both make the child fretful and help to bring on diarrhœa. Unless a child is very delicate, its clothing in hot weather should consist of a shirt, petticoat, cotton dress, and diaper. **Diapers should be of cotton cloth or Canton flannel. They should be changed as soon as wet, and should be immediately put into hot soda water and washed out. Every time the child's bowels move, the part should be well washed, and all the creases about the part of its body should be cleaned out.** The baby is often made sore because it is not well washed, because baby powder is put on it while it is still dirty, because the diapers are not washed out, but are only dried and put on again.

BATHING.

A baby should be bathed every morning regularly at a certain hour, in water one or two degrees warmer than its own body. If you have no thermometer, test the water by putting your elbow into it. Never test it by the

arm or hand. It is better to put the child in a bath-tub or wash-tub. If the water is neither too cold nor too warm, the child will always enjoy its bath. The reason why children sometimes do not like a bath is because they have been put into it when the water is too hot or too cold. Children's skins are very sensitive. In warm weather a bath may be given in the evening as well as in the morning.

RULES FOR SICK CHILDREN.

If a child becomes sick in hot weather, take off all its clothes, except the diaper, and put on a night-dress. If its skin is hot, wipe it all over with cool water several times, and give it all the cool water it will drink.

If it vomits, and this it usually does, do not give it any food ; give it water. Do not give it any medicine, but put some lime-water in a glass, and give it a teaspoonful every hour until the physician comes. If it should have a convulsion, put it in a warm bath and pour cool water on its head ; but do not do this, if it should have a convulsion directly after a meal. Nothing but harm can be done by giving the child cordials or teas, or anything to stop it from vomiting or to stop its diarrhœa. A child vomits and has diarrhœa because something, either some sour or dirty milk, or some food that it cannot digest, has been taken into its stomach, and it vomits and has diarrhœa because it is trying to get rid of the food that is making it sick.

RULES GOVERNING SUPPLY OF MILK.

A deposit of one dollar is required on the issuance of the first prescription, as a guarantee for the safe return of the bottles, basket, etc.

This amount will be refunded at the end of the season, on return of the basket, etc., in good condition.

No second basket will be issued to any patient whilst one remains out, unless on further deposit.

All losses or breakages must be paid for at the following rates :—

BASKETS,	-	-	-	50 CENTS EACH
BOTTLES,	-	-	-	4 " "
STOPPERS,	-	-	-	1 " "

Supplies not returnable will be charged at cost price, as follows :—

NIPPLES,	-	-	5 CENTS EACH
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Infants must be brought to the Dispensary at least once in two weeks, in order that the physician may note the progress made, and change the prescription to meet the growing needs of the child.

